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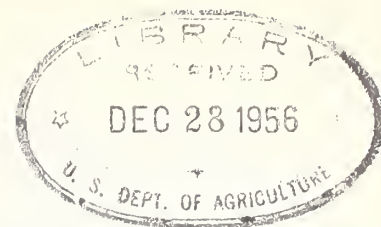
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Federal Extension Service
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HOME DEMONSTRATION WORK
AN EDUCATIONAL SERVICE FOR HOMEMAKERS

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Field Agent



What is home demonstration work? Home demonstration work is an educational program designed to bring to all members of the family, in their own homes and communities, information and guidance that make for better everyday living, improved homes, and more community activity. It is education out of school which applies science and art to the making of convenient comfortable, and attractive homes and healthy, happy, and contented families. The home demonstration program helps people to help themselves.

Over a million and a half homemakers in all 48 States, the Territories of Alaska and Hawaii, and Puerto Rico, are active in the home demonstration program.

Home demonstration work is a very important part of the national system of cooperative extension work in agriculture and home economics. The system is under the administration of the State director of extension located at the State agricultural college. The State extension supervisors or leaders and State extension specialists in agriculture and home economics have headquarters also at the State agricultural college.

The home demonstration agent. Leading the home demonstration program in a county is the home demonstration agent, a trained home economist. She is a joint employee of the State agricultural college, the United States Department of Agriculture, and the county in which she works. She is a resident of the county, and her office is usually located at the county seat.

Every phase of family living concerns the home demonstration agent, since the program is planned with the homemakers she serves to meet their needs and interests. The State home demonstration leader and the State home economics specialists train the county home demonstration agent in subject matter and in methods of working with people.

The home demonstration program. Homemaking is an important business in itself and the woman in the home needs information and guidance in making the dollar go a long way by wise buying and by thrift in the home; in saving her own time and energy by management and efficient working methods; in keeping her family well through proper nutrition and health habits; in making the home comfortable and attractive with the least expenditure of money; and most important, in caring for the children intelligently and raising them to become honorable and useful citizens.

Home is where the whole family turns to at nightfall, and it remains largely the responsibility of the mother to keep the home a happy place where children like to be and where young people are proud to bring their friends. All this takes knowledge, constant thought, and work on the part of the whole family especially on the part of the mother.

The home demonstration program offers ways and means of translating information into practices in the home in the following subjects:

Food and nutrition - Selection and preparation of food, preservation by canning, drying, and freezing, meal planning, feeding of young children, relation of nutrition to health.

Clothing the family - Construction, remodeling, selection of ready-made clothing, healthful children's clothing, care and use of sewing machine, laundering, cleaning and storage of clothing.

Home management - Planning of work to save time and energy, selection and care of labor-saving equipment, budgeting, family expenditures and keeping household accounts, sufficient storage space, and efficient cleaning methods.

Health and safety in the home - The home demonstration agent and home demonstration groups plan cooperatively with the Public Health Service and other agencies and organizations for instruction in first aid, home care of the sick, prenatal care and care of infants, for participation in pre-school and dental clinics as a community undertaking, and for participating in campaigns for such purposes as cancer control and prevention of tuberculosis. Home sanitation and safety measures preventing accidents in and around the home are essential to family health.

Child development and family relations - Special interest groups for young mothers and fathers, training children in good habits, teaching children the use of money, cooperation of family in all home and family activities, family fun including home-made play equipment for children and adults.

House furnishing - Selection of furniture and household textiles, repairing and re-upholstering of furniture, use of color in the home, making of curtains and slip covers, proper lighting in the home.

Other activities with adults - Improvement of home grounds, gardening and poultry where possible, eradication of garden and household pests.

4-H Club Work - The 4-H Clubs are organized groups of boys and girls between the ages of 10 and 21. In some counties a special agent, a 4-H Club agent, is leader of the work. In most counties the home demonstration agent conducts the 4-H Club work with girls as well as the home demonstration work with adult women. Local volunteer adult leaders, trained by the home demonstration agents, assist in the 4-H Club work.

Girls enroll in such projects as sewing, cooking, canning, room improvement, crafts, and other worth-while activities of interest to them. They learn by doing everyday tasks in an interesting and skillful way. Learning to assist and buy food and clothing is a part of growing up. Attention is given to good health habits by 4-H Club girls. In the organized 4-H Club, the group plans and is active in community activities such as clean-up, safety, and health campaigns, improving public grounds, club exhibits at fairs, Community recreation, and group discussion on self-development and preparation for useful citizenship.

How the home demonstration agent works - A million girls are enrolled in 4-H Club work in all 48 States, the Territories of Alaska and Hawaii, and Puerto Rico. The home demonstration agent organizes community and neighborhood groups of adult homemakers or girls to study their homemaking and community problems and helps these groups plan a program to solve these problems. She teaches homemaking practices to groups according to their needs and interests. She trains volunteer leaders so that they in turn may teach improved home-making to the community and neighborhood groups.

She assists the community groups in planning such activities as exhibits, educational tours, community recreation for young people, discussion groups for considering local problems and public affairs.

The home demonstration agent meets with the groups of women in homes or at a community center.

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